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NOVEMBER, 1973

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Carolina Country

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Read Monthly in More than 210,000 Homes.
Vol. 5 No. 11 November, 1973

Your EMC's Magazine

James A. Chaney, Editor

Edward E. Brown, Jr.

Associate Editor-Advertising Manager

Brenda Sargent

Carolina Homemaker Editor

Official Publication

North Carolina Electric

Membership Corporation

Wanted: A Car We Can Live With

Considering how long automobiles have been running through our culture, we should know enough about them to cope with their many problems.

We don't.

For every increase in driver registrations and traffic counts, there's a decline in the percentage of us who can make basic adjustments and repairs, and our helplessness grows each time the auto makers bring out their new models.

The way cars are being built, it seems there's a conspiracy by the industry to make them so difficult to service that you have to take them to factory-trained mechanics at authorized dealers' shops.

Despite the introduction of so-called "simple" and "economy" models automotive maintenance has the majority of Americans buffaloed. We have become servants of our machines.

Engines have become not only unnecessarily over-powered but virtually unreachable. Front ends have become so complex and sensitive to bumps, they can't be kept in alignment.

As a result, most of our cars' mechanisms get out and stay out of adjustment; we rarely get a reasonable mileage from a gallon of gasoline, and front tires wear out long before they should. If your car is in warranty, you find the periodic inspections and servicing necessary to keep the warranty in effect add up in costs to as much as the warranty is worth.

When all the costs are counted, automobiles represent one of the largest drains on the average family's budget — and often the largest for those families with two or more cars.

What's more, all the costs, from purchase price to and including insurance, servicing and gasoline are climbing, and it's reported the 1974 models now on display will use more gas and perform less efficiently than even the gas-gulping, inefficient '73s.

The American automobile industry should be able to produce cars easier to service and less expensive to operate and maintain. If it doesn't produce them soon, the need for reasonably priced, dependable transportation, together with mounting traffic congestion and the fuel shortage, will compel us to turn from private autos to mass transit systems.

And that would be a good thing for everybody.

Jim Chaney

VER — Now November's winds
w across the land, and October's
ht landscapes are a memory that
ms our hearts against the chill.
ce Roberts of Charlotte, North
olina's well-known photographer-
hor, made the picture from Mile-
ot 417 on Blue Ridge Parkway
ween Devil's Courthouse and Mt.
ah. Looking Glass Rock, a large
ite mountain which is sometimes
ored by ice in winter, looms in the
background. Bruce says it got its name
euse it looks like a mirror when it's
The picture originally appeared in
Wachovia magazine and is re-
ted with permission of The Wacho-
ia Corporation.

Month . . .

YOU AND YOUR GOVERNMENT
MEET BOB CLEVELAND
THE WISE USE OF OUR LAND
THE CAROLINA HOMEMAKER
CONSUMER NEWS
THE POET'S CORNER

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CAROLINA COUNTRY NOVEMBER, 1973



YOU AND YOUR GOVERNMENT

A Report by U. S. Rep. L. H. Fountain, Second District

This is the fourth in a series of messages prepared for *Carolina Country* by members of North Carolina's Congressional Delegation.

As the Second District's Congressman, Representative Fountain serves the people of Caswell, Edgecombe, Franklin, Granville, Halifax, Nash, Northampton, Orange, Person, Vance, Warren and Wilson counties. His home address is Tarboro.

An important but little known role of the Congress is that of serving as a watchdog over the operations of government agencies. The Congress not only passes laws establishing programs and appropriates funds to keep them running, but also has a responsibility to insure that the laws are obeyed and the money spent as directed.

The major part of this watchdog function in the House is carried out by the Committee on Government Operations, on which I am third-ranking member. The Committee accomplishes its work through subcommittees, one of which is the Intergovernmental Relations Subcommittee, which I served as Chairman. My Subcommittee reviews the work of the Departments of Agriculture (USDA), Labor and Health, Education and Welfare (HEW), as well as the Federal Trade Commission (FTC), and some smaller agencies.

Except for the Labor Department, all of these agencies have some responsibility for assuring the safety and integrity of the food we eat and the drugs we take to prevent or treat illness.

To show how the Subcommittee does its vital investigative work, let's zero in on one very important agency — the Food and Drug Administration (FDA), which is a part of the vast HEW bureaucracy. Any failure on the part of FDA is quickly reflected in public injury and even death — as can be seen by examining FDA's spotty performance record during the past ten years. Consequently my Subcommittee has conducted prolonged and intensive investigations into FDA's work.

Among the more important results achieved by the Subcommittee in recent years are the following:

1. FDA procedures for evaluating the safety and effectiveness of new drugs before they are approved for sale, have been improved. This is extremely significant because not many of us are scientists or doctors, and we have to take medicine more or less on faith.

2. FDA control over the advertising of prescription drugs has been strengthened to correct and prevent false and misleading advertising directed to physicians. False advertising is always bad, but in the case of prescription drugs, it's extremely dangerous, too.

3. The cyclamate artificial sweeteners were completely removed from American food and drugs after the Subcommittee established that FDA was violating the law and exposing the public needlessly to a substance which was found to cause cancer in experimental animals.

4. The Subcommittee's efforts have also brought more effective control by both FDA and USDA on the use of nitrites and nitrates in cured meat and fish. Under certain conditions, these chemicals may produce dangerous, cancer-causing substances called nitrosamines in food and in our bodies.

5. FDA took steps to improve its control over medical devices after our recent Subcommittee Hearings revealed the dangers of some of the intrauterine contraceptive devices (IUD's), which are sold to physicians for use in their patients. These Hearings have also stimulated Congressional interest in enacting new legislation to provide greater protection against unsafe and ineffective medical devices. We plan to investigate other medical devices such as heart pacemakers in the near future.

In recent years, the Subcommittee has also found serious deficiencies in programs operated by other agencies: USDA, which regulates meat, poultry and eggs, and FTC, which regulates the advertising of foods, over-the-counter drugs, and medical devices. I'm glad to say that our efforts have brought about a significant measure of improved protection for the consumer.

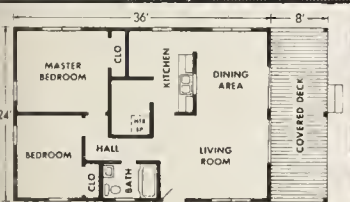
Protecting the consumer is, unfortunately, not a job that can be done once and for all. Instead, it's a job that never ends. Each new day brings a new challenge.

We must meet these challenges and successfully overcome them — The nation's future health and well-being are at stake.

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ROBERT N. CLEVELAND

New Executive Vice President
And General Manager
of North Carolina Electric
Membership Corporation

On October 15, Robert N. Cleveland succeeded J.C. Brown Jr. as executive vice president and general manager of North Carolina Electric Membership Corporation, the state association for North Carolina's electric cooperatives.

J. C. left the post earlier this year to become senior REA and cooperative specialist for the National Rural Electric Cooperative Association in Washington, D.C. Edward E. Brown Jr. served as acting general manager in the interim.

Bob Cleveland comes to North Carolina after posting an outstanding record as general manager of the Colorado state rural electric association. To introduce him to our readers, we asked Dick Easton, editor of *Colorado Country Life*, official magazine of the Colorado Rural Electric Association, to write an article about Bob for *Colorado Country*.

Dick was one of the first people Bob hired after becoming Colorado's manager. In a note accompanying his article, Dick wrote: "Bob has been a great boss. His greatest quality to me is his willingness to delegate authority and responsibility and walk away and have confidence in a person to get the job done. I believe you'll enjoy getting to know him. One thing is certain he's got a great commitment to the rural electric program."

By Dick Easton, Editor
Colorado Country Life

Just two months over four years ago a tall silver-haired Kentuckian moved to Colorado, acquainted with hardly anyone in the state except REA Administrator Dave Hamil, (Colorado native and rancher), who of course resides in Washington, D.C.

Robert N. Cleveland soon made his presence felt, however. Today Cleveland — and Colorado Rural Electric Association — enjoy a prestigious reputation which few of the state rural electric leaders would have believed possible in so few years.

When Cleveland became general manager of CREA on September 15, 1969, the state association was in straits. Morale was at low ebb. The statewide publication had been suspended; virtually the only activity ongoing was the work of Job Training and Safety Instructor Maurice T. Berry, who had a budget separate and apart from that of the association.

Upon leaving Colorado this October 15 to become executive vice president and general manager of the North Carolina Electric Membership Corporation, Cleveland leaves a far different organization; one with 17 full-time employees doing a dollar volume of business which ranks it as the fourth largest rural electric statewide in the country. As he departs he leaves well



Bob Cleveland and wife Joan (pronounced Joanne), at right, with Colorado Congressman Don Brotzman and wife.

long on the way to becoming a reality
new headquarters building to accom-
modate the burgeoning programs
of the association.

Perhaps the most vital thing he
sees in Colorado, however, is what
REA President William J. Kammerer
calls "maturity," which he believes
will allow the statewide to continue to
grow and prosper in the years ahead.

What does Cleveland take with him
from North Carolina? In addition to the
firm friendship of hundreds of board
members, managers and rural electric
"family" in the Rocky Mountain state,
he takes the knowledge that many of
his cherished goals have been accom-
plished. High on the list are the
development of a strong materials sales
program, establishment of a printing
department and good publication, the
building of a good staff and the
development of a good image for the
rural electric program in Colorado.
Typical of the man, he gives credit
where credit is due: "Personally, we
owe the people of Colorado a great
debt. They gave us the opportunity to
try new ideas, and to make innova-
tions on old ones in order to develop a
strong statewide. This experience will
be valuable in anything we do in the
future, and has probably led to the
North Carolina offer to try our hand
at some of the same things there."

What kind of background equipped
Cleveland for the job he's done in

Colorado? First of all, he grew up a
Kentucky farm boy. As a senior in
high school, young Bob earned the
American Farmer degree of Future
Farmers of America. Later, while his
father was occupied with vital work
during World War II, Bob managed the
family's farming operations. It's easy
to see that he has deep roots in rural
America.

At age 21, he struck up his acquaint-
ance with the rural electric program
by being elected a director of Shelby
Electric Cooperative Corporation. He
served on that board for 15 years,
and was concurrently a director of
Kentucky Rural Electric Cooperative
Corporation for ten years. He served as
president of the Kentucky association
for a year before resigning to take a
full-time position with that organiza-
tion.

He served as Director, Administra-
tive Services from 1961 until 1969,
when he resigned to take the Colorado
job.

Now 47, Cleveland can count more
than a quarter-century in the rural
electric program.

How does he view the challenge
confronting rural electric cooperatives
in the years ahead? For rural electrics
all across the country, a principal
challenge will be power supply ade-
quate to meet the needs of consum-
ers. In North Carolina which has no
generation and transmission coopera-

tives, Cleveland anticipates that he
may be more involved in power supply
problems than he has been in Colo-
rado, which has two G&T's. His gen-
eral calling in his new job, however, is
what he felt it to be in Colorado, "to
develop the programs the people want
and need."

Cleveland believes the future of the
rural electric program can be very
bright with one essential ingredient:
good leadership. With government be-
coming less a factor in rural electric
financing and more funds coming from
other sources, inventories and con-
tracts must be carefully controlled.
"We'll have to have more staff people
trained in depth," he says, "with the
younger people coming in to the pro-
gram trained in management roles and
given responsibility."

Cleveland is concerned as to
whether adequate numbers of people
are going to be willing to pay the price
in hard work, dedication to the job
and visionary thinking. "For the per-
son who has these qualities, the leader-
ship roles will be there," he maintains.

"We must run to keep up today,"
he says. "Our business has no place for
complacency . . . no place for the
fellow who puts off until tomorrow
the decisions which should be made
today."

Bob Cleveland and his wife Joan
(pronounced Joanne) have a son, Robert
Jr., and daughter, Rosemary. Both are
married and live in Kentucky.

TARGET:

THE WISE USE OF OUR LAND

We are running out of land. If we are to make the best use of what we have left, we will have to set priorities and establish controls to save our diminishing farmlands and woodlands, protect our mountains and coasts from destructive development, keep our floodplains clear and assure ourselves and our remaining wildlife of living space and privacy. Legislation to those ends is pending in both Congress and the General Assembly. You'll be hearing more and more about land use planning, and in this article an authority on the subject deals with some of the questions and principles involved.

By Robert E. Leak

Just as we are running out of fuel, paper, plastics, food and any number of other commodities, some feel we are also running out of land. Since I was a little boy I've always heard of land as an investment. "Put your money in land, boy — they ain't making any more land."

Land has been regarded by most people who own it as something they own outright — that they can do anything they want with it.

On the other hand, particularly in the Age of Environment, the non-owner groups — the crowd of college kids, environmentalists, non-affluents and others including government officials — are now beginning to feel that the owner of land does not necessarily have the right to do with it what he wants to do. His land belongs to the world community. It helps hold the world together and he has no right

to use it in a way that would be objectionable to someone else.

The long and short of it is that new land use legislation is being formulated at the federal and state levels which will be the hottest public issue since personal income taxes were instituted in 1913.

The problem, of course, is the simple fact that growth has been so rapid and dramatic in America in the last 50 years that a lot of people, and particularly in the South, are saying wait a minute, look at the horrible urban centers of the Northeast, Midwest and California. Is this what we want to become? The present situation in the Northeast may be a scary prediction of what will happen in the South and North Carolina unless there is a design for future growth and regulations to see that the design is adhered to.

There is nothing new about land planning and zoning.

In 1692, the Massachusetts Bay Colony passed a law forbidding nuisance industries in certain districts.

It wasn't until 1926, however, when the city of Euclid, Ohio, tangled with Ambler Realty Company that a landmark legal case was decided. The Supreme Court ruled in favor of the concept of local zoning laws. Since then cities and counties have, by and large, had a field day with land development controls, by zoning, and with the assent of the states.

Today there are some 80,000 units of government in America — cities, counties, water districts, port authorities, etc. — exercising land use planning and zoning authority.

Each is working on its individual design.

The problem is there is no central design for America's future or our State's future. This is the condition that the Federal and State Governments are now trying to overcome.

To come up with an acceptable design for the future growth of our country — this is a monumental task and woven into the fabric of the problem are the very basic rights of the property owner.

Fifty years ago, Supreme Court Justice Oliver Wendell Holmes said, "A strong public desire to improve the public condition is not enough to warrant achieving the desire by



rather cut than the constitutional
of paying for the change. When
seemingly absolute protection is
and to be qualified by the state's
ice power, the natural tendency of
man nature is to extend the qualifi-
cation more and more until at last
private property disappears."

This, it seems to me, is what every
maker in the land is going to spend
the time wrestling with and soon.
How can we come up with an accept-
able design for the future use of the
land of the individual states to
produce a grand design for the future
America?

The need for a grand design? We
don't even have to ask that question.
The need is obvious. It is obvious in
the major cities which have grown
hazardously to the point they are now
the most part uncontrollable,
unmanageable and unfinancible.

The need is obvious in our sub-
urban sprawl which has caused our
urban centers to become tentacled
asters with dying bodies.

The need is obvious when the
scenic beauty of our mountains is
ruined by billboard advertising and
urban developments sticking out like
thumbs on every peak.

The need is obvious when the
ecologically important dunes on the
coast are flattened to make way for
apartments and the ecologically
important marshes are filled in to
provide parking for autos and dredged
to provide parking for boats.

The need is obvious even in our
economic development effort here in
North Carolina when we don't know
whether or not to promote our State as
the location for the oil refining
industry.

The major obstacle is how to
proceed in arriving at an agreed upon
design. 1. Who's going to draw up the
design? How are they going to be
monitored? What will be the rela-
tionship between property rights and
the public interest?

The thing seems certain -- the good
days of opening up new frontiers
and the property owners freedom to
use the best economic use of his
land by his own standards, are soon to
be gone forever.

In Washington, there are six bills
pending, which call for strict land use
regulations. They run the gamut from

Sen. Henry Jackson's bill, which seems
to be the more popular bill under
consideration and which would
provide substantial cash incentives for
the states to come up with their own
land use regulations. These incentives
would be in the form of planning
grants and the states would be allowed
considerable flexibility in shaping pro-
gram to meet their own needs. On the
other hand and at the other end of the
spectrum in the Administration's bill,
the state would be coerced into adopt-
ing strict land use controls by the
threat of cutbacks in federal funds of
up to 21 percent for future develop-
ment of airports, highways and con-
servation projects, and of course, the
state would have to meet the tough
federal guidelines.

The State of North Carolina is
trying to get ready for whatever comes
down from Washington and currently
there are three bills pending in the
legislature in Raleigh:

1. State Land Use and Classifica-
tion Bill
2. Mountain Area Management Bill
3. Coastal Area Management Bill

The State Land Use and Classifica-
tion Bill provides for a coordination of
specific long range plans of various
state agency programs

Highway plans will be coordinated
with parks and recreation plans, and
these will be coordinated with a hoped
for statewide economic development
plan which in turn will be coordinated
with the airport and seaport develop-
ment plans, etc.

It may surprise you to know there
has been little if any coordination of
these plans up to now.

The Land Use Classification Bill
calls for a compilation and map-
ping of the state's resources. This
would identify areas of major signifi-
cance, historic, geologic, ecologic,
scenic, economic, agricultural, indus-
trial, urban, etc. Then by coordinating
the long range agency plans with the
resources inventory we will have a land
use design for future growth in North
Carolina. Trade-offs between preserva-
tionists and developers will then be
possible and this will be tremendously
helpful no matter how you look at it.

The State Planning Division of the
Department of Administration will be

given this task and hopefully the tools
to accomplish it.

Under the Mountain Area Manage-
ment and Coastal Area Management
bills are efforts to come to grips with
the rapidly changing character of
environmentally and economically
important areas of our State -- the
mountains and the coast.

Two commissions would be formed
composed of citizens interested in the
mountains on the one hand and the
coast on the other hand.

Permits for development in these
areas would be required by these
commissions, and approvals of devel-
opment projects would be granted
only if the projects were acceptable
under the mandate of the laws.

The mandate for the mountain law
-- "To provide a management system
capable of preserving and managing
the natural ecological conditions of
the mountains including its streams,
watersheds, slopes and forests so as to
safeguard and perpetuate the natural
productivity of the region and its
biological, economic and aesthetic
values."

For the coast -- "A management
system capable of preserving and
managing the natural ecological con-
ditions of the estuarine system, the
barrier dune system, and the beaches,
so as to safeguard and perpetuate their
natural productivity and their biolo-
gical, economic and aesthetic values."

Plans are being formulated and
hearings are already being held across
the state to explain these bills and our
Department of Natural and Economic
Resources is vigorously supporting the
passage of all three bills.

The day of what one writer has
called "the cowboy land use ethic" is
over. We are moving rapidly into an
era of land use regulation and control.
Why? Because it is obvious that we as
individuals or we as small communities
need the assistance of the federal and
state governments to give us the grand
design -- the guidelines for future
growth -- which is apparently the only
way the heritage of our great country
will be preserved.

Robert E. Leak is secretary-treasurer of
the North Carolina Land Use Congress and
administrator of the Office of Industrial,
Tourist and Community Resources, State
Department of Natural and Economic
Resources.



Now a comfortable home, it was a vacant old house when Joe and Andrea Sloop decided to buy and remodel it.

A Mountain Home With Their Own Hands

By Lee Southerland

A lot of people must have passed by the vacant 100-year-old tin-roofed white-frame house in Zionville, N.C. without noticing anything particularly outstanding about it.

Because until recently it looked pretty much like any old farmhouse you see dotted around in the Blue Ridge mountains along the North Carolina-Tennessee border.

But that was a year and a half ago: before Joe and Andrea Sloop stumbled onto it and decided to remodel.

Since then, they have hammered, sanded, sawed, torn down, thrown away and rebuilt the house that was originally built by a Watauga County Civil War veteran returning home from the war.

Andrea says her husband, who teaches industrial arts at nearby Appalachian State University, came home glowing when he first saw the house and 50 acres of untouched mountain land along side it.

"I have to admit I was skeptical when Joe first showed it to me," Andrea said. "Looking back I'm surprised he talked me into coming out here."

Two years of dust and mountain animal life, including two six-foot black snakes, had accumulated inside when they moved in last October. The only heat was what blazed out of an old wood stove and there was no running water. The upstairs was filled with feathers, seeds and other remnants of a grain storage room.

"It was really like camping out at first," Andrea said. "We lived in one room huddled around the stove until

January when Joe finished putting furnace in."

Perhaps the most amazing thing about the Sloops' remodeling has been its cost. Outside of building materials the only money they have paid for labor is \$20 for plumbing.

"The thing I'm so terribly proud of is that we've done the work ourselves," Andrea said. "The house is really an expression of us and of our own creativity."



Andrea Sloop: She and Joe built the fireplace and everything else themselves.

The Sloops claim anyone could remodel their own home — that it doesn't take much technical carpentry know-how. "I had no knowledge at all when we started," Andrea said, "and I learned to panel and lay stones myself. The information is easy to get in books or from other people, and well worth the satisfaction."

They have spent weekends and vacations rising early and working hard. Both have a full schedule: Joe teaches at Appalachian while working on his doctorate degree at N.C. State University and Andrea teaches for Head Start while working on her masters degree in guidance and counseling at Appalachian.

Everything in their home was either made, begged, borrowed or given to Joe and Andrea.

When they first bought the property neither of them realized the two dilapidated chicken houses were made of the now rare and expensive wormy chestnut wood. They tore them down and used the old wood to build kitchen cabinets, panel walls, make candle holders, shelves and a kitchen table.

One of the things finished recently is a stone fireplace. "She brought the rock up from a little creek on the property and I mixed the concrete," Joe said. Together they laid the rock and made a mantle out of an old chestnut beam from the front porch.

Cleaning, painting and building closets has taken much of their time, but creating furnishings has been one of their favorite activities.

They got the idea for their colonial Dutch bed — built into the wall out of old chestnut wood — from one they saw in an old Dutch house in Iowa on their honeymoon. Andrea made the curtains that hide it in the daytime.

A tree stump was made into a table when Joe cut a thick round piece of glass for its top and kitchen chairs were made from some old broken down ones they found in the barn. An old-timey bathtub found abandoned in a field fit perfectly in their new bathroom.

One reason Joe and Andrea made the move to the country was Joe's yearning for a garden. "I'm an old farm boy from Yadkinville and I knew I had to have my own garden to grow things," he said.

While Andrea and Joe admit the process has been slow and at times you get impatient to see results, they say it has been well worth the amount of personal satisfaction you get from doing something yourself.

The Sloops never talk about

finishing their home because their enthusiasm for change never dies. "I'm sure I'll always be changing things and we'll keep finding more things to work on," Andrea said. "We are simply hooked on creating our own life style and place to live."

These Lovely Days: A Calendar

By Carol Bessent Hayman

I remember the seasons in the lovely season of childhood and growing up — the opening of the heart, the sweet unfolding of the tender flower, the slow passing of days, the changing scene, the coming of age. In my hometown, a small seacoast town in the nineteen thirties, in the big yellow house on the corner, this is how I remember it.

Ours was a quiet way of life in this small seacoast town, and the things I knew and loved were quiet things: the swing on the big shady porch, the easy chair in the living room with the book I was reading tucked under the cushion, the summer dusk soft as a fairy's wing with the sky all saffron and pink and rose, the hours on the breakwater looking out at the horizon — my heart full of dreams.

Summers were always the best. Long sunny days with the blue sound water beckoning me to come for a swim and a magic carpet of books to while away the hours. My bedroom window overlooked the breakwater and sound, and I could lie on my bed and see the wet, brown swimmers splashing about and watch the slim white sailboats catching the breeze.

We never seemed to have much fall. Indian summer lasted into October and even November with cool nights and warm days. The elm and oak trees shed their red and gold and brown, and the leaves made a whispering sound as they scuttled along the streets and curbs. Smoke rose from bonfires; the air was heady with the pungent smell, and mothers hurried children indoors as darkness came earlier. Suddenly, one morning we awoke to frost and wintry winds, and on my way out the door to school I noticed the Christmas catalogs lying in a convenient spot for Mama to start her Christmas shopping. Everything was always ordered, even the Christmas candles; and there was great delight in the weeks that lay ahead as I watched for the packages to arrive.

Winters were hard. The house was large and the rooms (except for the kitchen and sitting room) unheated. All the hot water for baths, shampoos, and dishes had to be heated in a kettle on the kitchen stove. Saturday was bath time. My sister and I took turns using a small washtub in front of the wood-burning stove — doors closed and shades drawn. Some Saturdays we were allowed a dime for the movies and penny for a candy sucker that, with care, would last for the entire main feature of cowboys and Indians. Winter nights the bed sheets were like layers of ice, and the linoleum in the morning was so cold my feet were in danger of sticking to it. Christmas was the bright spot in the winter calendar. How I loved it! The music, the fragrance, the excitement, the lights . . . to this day it remains my favorite time of the year.

Spring was usually bright and blowy with sunny skies and salty breezes. The daffodils were out in yellow dress, and I threw off coat and sweater with reckless abandon as I ran towards summer days ahead.

Over and over the calendar repeated itself, taking me further and further away from the happy land of childhood — changing me, molding me with the beautiful days — the never-to-be-forgotten days that now remain ever bright in my calendar of memories.

(From the recently-published book, *These Lovely Days*, by Carol Bessent Hayman, Jacksonville, N.C.)



FELT TIP PEN

The Carolina Homemaker
 Edited by Brenda Sargent

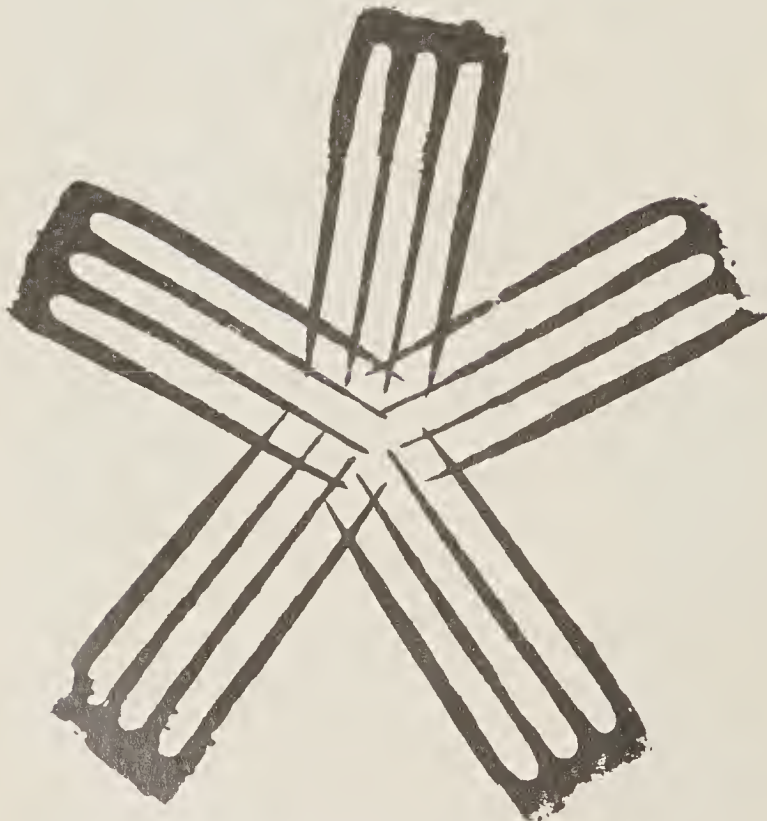
An active imagination added to bits of inexpensive materials and varying amounts of time and energy can result in an impressive array of holiday papers.

Christmas cards, wrapping paper, bags, boxes and tags, decorated note-paper and envelopes, memo pad sheets and bookplates for giving can be produced easily, quickly and cheaply at home. These can be family projects, too, interesting to parents and young folks alike. (And useful for birthdays and other festive times, also!)

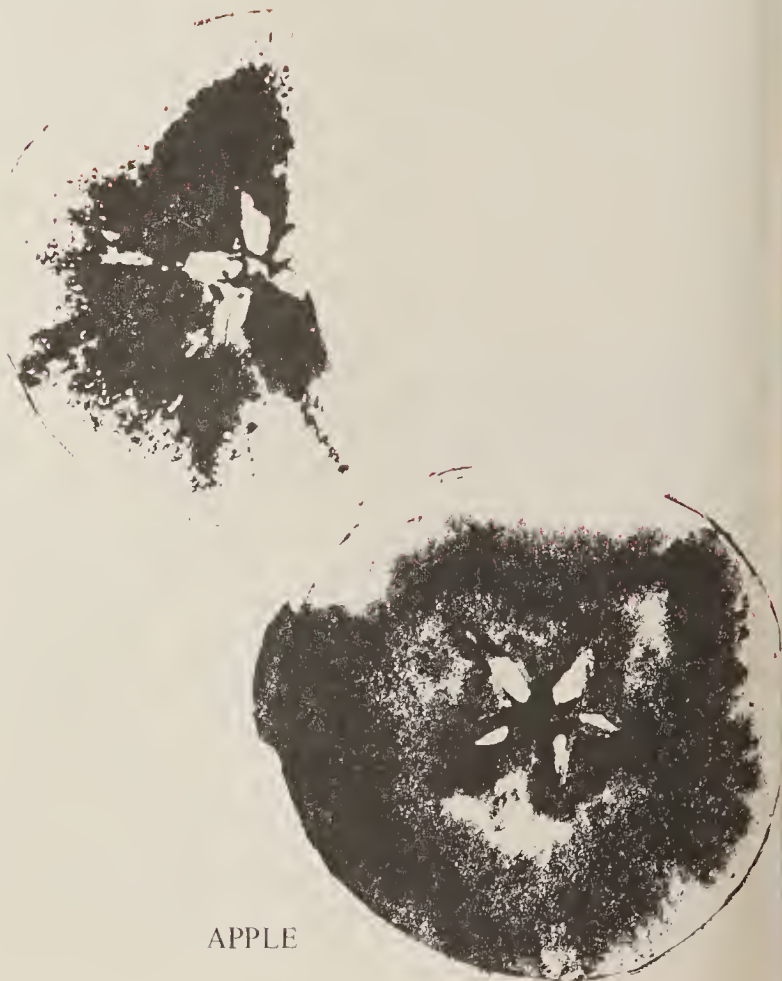
Ways to decorate paper are almost limitless and many are used in the elementary school grades, including spatter printing with a kitchen sieve and toothbrush onto a stencil pattern; finger painting with fingers or combs; or gluing on appliques of torn or cut paper pieces. Just as simple as these, but perhaps more conducive to innovation are felt tip pen drawings or doodlings and vegetable or gimcrack printings — or a combination of the two.

Felt tip decorations need no explicit directions; the printing takes a bit more instruction. But the primary

CREATE YOUR



FORKS



APPLE

ingredient needed for any paper trimming method is an adventurous imagination. The minimal amount of skill necessary comes with running a few trial sheets to get the "hang" of materials and pattern.

In planning, keep designs simple. Old Christmas cards are fine for both ideas and traditional patterns. More inventive are random or geometric patterns suggested by the object being used, if the process is printing. Also, employ harmonious colors, though nowadays many odd combinations turn out to surprisingly handsome — as items in stores bear witness. And no longer is red-green dictated for Christmas. Bright oranges, purples, yellows spruce up the scene remarkably.

Cards require a heavier paper than that needed for wrapping. Post cards are good (and do not need an envelope!) A medium-weight typing paper, folded in half twice to form a near-square "booklet" makes a satisfactory card. Rolls of shelf paper, in either white or colors, and brown wrapping paper (both at varying widths) are excellent to decorate for wrapping papers. The same applies to brown grocery bags and white ones from the druggist, since many gifts are more easily bagged than wrapped. And



ONION

DOWN HOLIDAY PAPERS

newspapers — both the black-white news and colored comic sections — often give striking results when sparingly printed over with an abstract design.

"Inks" for printing can be an assortment of things: food colors from the grocery, poster or showcard paint, or a stamp pad made from several layers of felt and saturated with stamp pad ink. Gold poster paint gives almost professional results, but is more expensive than other colors. Dilution with water can make a paint easier to print with, or can soften its color.

Holiday papers can be printed in a traditional fashion with carved linoleum or wood blocks, using printer's ink, but the fun printing is with things found at home in refrigerator, hobby room or tool shed. Discovering what impression an object makes in the printing process is truly exciting. The simpler prints work two ways: one is to cut out the design and ink the background. The other is to cut away the background and ink only the design. Lettering is difficult because it must be cut backwards, as printing reverses any design.

What printing materials can come from the refrigerator? Onions, carrots, potatoes, turnips, apples and bell peppers work beautifully. The last three make lovely signs without adornment. The firmer vegetables can be sliced in half and patterns cut into them freehand. Or an easier way is to press a cookie cutter of suitable design into a halved piece for about half an inch. Then a paring knife

can either remove the background by cutting it at right angles to the cookie cutter, or can remove the design by gouging out the vegetable inside the cutter to a half-inch depth, leaving the background. Of course the cutter is removed when the "knifing" is finished. All the fruits and vegetables work best if cut ready for printing and then allowed to stand, design side down, on a paper towel for at least an hour to dry out their juices. They also may be refrigerated in water overnight and used successfully the following day.

Gimcrack printing is the use of almost any "found" object to make the impression: table forks, toothbrushes, pencil erasers, dowel sticks and thread spools, cardboard rolls, acorn cups — you name it and try it!

Newspapers make excellent padding for the papers to be printed; they also help keep the work table clean of paints and inks. You do it by merely putting the ink or paint to the article to be pressed on the paper, then applying pressure on it to the blank papers and cards. Practice runs, as said before, help determine the proper amounts of ink and elbow grease needed to get the best impression.

And to tie them all up, try skeins of cotton rug yarn which are readily available in rainbow colors to beribbon and tassel the packages, bags and boxes you have produced for the holidays.

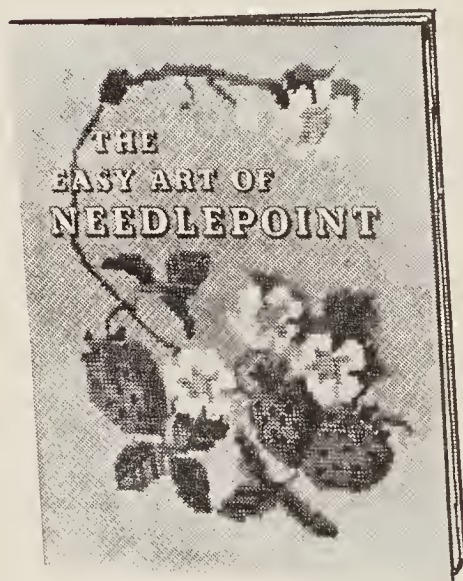
Mary Dudley Price



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ABOUT THE HOUSE

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Mrs. Harry Turner
Rose Hill, N.C.

Unsticking Chewing Gum

When you happen to get chewing gum on your clothes, use lighter fluid to soak it free. The fluid dissolves the gum and it comes off easily. But use carefully away from flames!

Mrs. A.C. Hobgood
Wake Forest, N.C.

Easy Zipping

Having trouble with your zipper not slipping up and down as smoothly as they are supposed to? Then zip them up and run a lead pencil up and down the mesh four or five times. They will then zip as good as new.

Manley Huggins
Dunn, N.C.

No More Souring

Keep your dish cloth sweet smelling and fresh during hot, humid summer months by rinsing well in cold water and storing in the refrigerator in plastic bag in between dish washing.

Mrs. S. E. Kinnamore
Winston-Salem, N.C.

Cleaning Fish

Wet hands with cold water before preparing fish, to keep them free of fishy odors. Then, wash hands with warm water and soap.

Erase Marking Pencils

To remove black marking pencil prices on merchandise, use a dab of cleansing cream.

If you have any helpful hints or special information that you would like to share with our readers, send them to: About the House, Carolina Country, P.O. Box 165, Raleigh, N.C. 27602.

KITCHEN CORNER

Getting in the Spirit of Things

If you are trying to decide what to give to friends, family or business acquaintances for Christmas who seem to have everything, a gift package of North Carolina foods can't go wrong!

The North Carolina Department of Agriculture has compiled a free brochure listing all of the N.C. food industries that offer gift packages which are attractive and outstanding. You can send a friend anything from pickles and jams to a smoked turkey! And this brochure will tell you who to contact to do so along with the range of prices you can pay.

If you wish to obtain the brochure, "North Carolina Foods - Gift Ideas," write to: Mr. Charles Edwards, N.C. Dept. of Agriculture, P. O. Box 27647, Raleigh, N.C. 27611.

This month's recipe was sent in by Mrs. Joyee Wilson of Landers Chapel. She has discovered that her barbecued meatballs are a hearty success at parties and family get-togethers and also a success in her attempts at "lower food cost cooking." She cautions that you not be frightened away by the length of time the barbecue sauce simmers, because it is delicious and inexpensive.

The Wilsons are served by Rutherford EMC.

If you have a favorite recipe that you would like to share through this column, send it to: Brenda Sargent, Kitchen Corner, P.O. Box 1699, Raleigh, N.C. 27602. Tell us something about the recipe and any helpful tips you have discovered in preparing it, your family and the name of the EMC that serves you. We pay \$2 for the recipe chosen monthly for this column.

Carolina Country Recipe Barbecued Meatballs

Submitted by Mrs. Joyce Wilson, Landers Chapel, N.C.

1 lb. ground beef
salt & pepper to taste
1 cup catsup
3/4 cup Cocoa-Cola

Mix salt, pepper with ground beef, and make into very small (bite-size) meatballs. Brown in frying pan and drain the excess fat. Combine the catsup and Cocoa-Cola and stir well, then cover the meatballs with the liquid and cook over medium heat until thickened - about 30-45 minutes.

NEEDLE CRAFT

7422



Pattern No. 7422

This friendly little girl arrives with her own dawn-to-dark wardrobe. Your child will love dressing this wide-eyed doll with a nine-piece wardrobe.

Pattern No. 7071

Bonanza! Eight pretty, witty pot holders that are fun and quick to whip up from scraps for showers, hostess gifts or bazaars.



7140



Pattern No. 7140

Crochet this handsome, sporty cardigan all in one piece, using knitting worsted in 2 colors. Mainly single crochet with raised, rib-stitch bands.

7090



Pattern No. 7090

Vest or cardigan sweater for children - knit both styles either way! Use bulky yarn, big needles for boys, sport yarn for girls.

Send 75 cents (no stamps) for each pattern to:
CAROLINA COUNTRY, Needlecraft Dept., Box
162, Old Chelsea Station, New York, N.Y.
10011. Print your name and full address with
zip code and include the pattern number you want.

CONSUMER NEWS

This article has been prepared by the North Carolina State Attorney General's Consumer Protection Division. If you have a complaint or information about unfair or deceptive trade practices, notify the Consumer Protection Division, Office of the Attorney General, P.O. Box 629, Raleigh, North Carolina 27602.

Many frustrated consumers wrote or called the Consumer Protection Division last year about the notorious "lemon" — the much-touted used car.

The Division staff has studied the most frequent complaints and prepared the following list of used-car buying guidelines.

Decide for yourself what you want, what model best answers your needs, and how much you can afford to pay.

To minimize shopping time, call several sellers and tell them what you want. Check newspaper advertisements, particularly on weekends when extensive listings are published. Make a record of whom you contact. You may not be able to find exactly what you want on the first round.

Ask the dealer to give you the name of the previous owner. Then, contact him. He should be able to tell you some of the car's history and why he traded it. Often, when a major repair job is indicated, a car owner will trade rather than pay repair bills. So, when you are considering buying a used car, reserve some funds to cover a fairly large repair bill within the first year.

Make sure what a used car salesman means when he assures you the car you are considering has been given a major overhaul. If he tells you the car is in first-class A-1 condition, this doesn't say anything specific. If he tells you the engine is a new one, you should be able to rely on this statement.

If, within a few weeks of the purchase you begin having major problems, the salesman and his company should stand behind all sales claims. If they fail to do this, the Consumer Protection Division should be notified. Deliberate deception in the promotion of any product is against the law.

Take a test drive. Check to see if the engine "skips" or hesitates; if the brakes grab or pull; and if there are any rattles, squeaks, or strange noises. Check tire tread wear.

Test all lights (turn signals, parking lights, bright and dim headlight beams, back-up lights), windshield wipers, cigarette lighter, radio, and windows. During summer months, don't forget to test the heater. The same applies to the air conditioner in winter. Never buy a convertible without operating the top. The absence of instrument panel lights could mean a burned-out bulb or a disconnection to camouflage a weak oil pump or alternator.

Request the seller to provide a mileage disclosure statement. The law requires a seller to furnish this to you.

A wise investment is to have a qualified mechanic thoroughly inspect the car. Costs for this service vary. But it will be well worth it if it keeps you from investing in a trouble-prone vehicle.

Never sign a contract until you read it thoroughly. If you don't understand an item, ask the salesman to explain. Beware of broad, but vague promises. Do *not* depend on any promises unless the salesman is willing to put them in writing.

If you buy the car on credit, shop around for the lowest interest rates. You may want to handle your car insurance yourself. If the institution financing your car includes insurance, you'll be paying interest charges on the coverage.

If you have reservations about buying the car, don't be pressured. Delay making a decision on buying the car until the next day. Don't sign anything until you've given yourself a chance to weigh the pros and cons of the purchase.

BEST OF BOOKS

THE GOODLIEST LAND: NORTH CAROLINA. By Bruce and Nancy Roberts. Doubleday & Co. Inc. 176 pages. \$9.95.

All who love North Carolina and appreciate good photography and good writing will find Bruce and Nancy Roberts' *The Goodliest Land* a rare and wonderful experience.

Nancy Roberts is well known for her books on North Carolina ghosts and a half-dozen other books including *Where Time Stood Still*, *A Portrait of Appalachia* and *Sense of Discovery: The Mountain*.

Bruce Roberts' photographs have appeared in many national publications, as well as in and on the cover of *Carolina Country*. His previous books have included *The Face of North Carolina* and *The Carolina Gold Rush, America's First* (a portion of which appeared in *Carolina Country*).

In *The Goodliest Land*, they tell with pictures and text a story rich in North Carolina lore and charm. The result is a book which not only will be savored and enjoyed but will serve in every home and library as reference work with ready information about just about everything in our state.

The opening paragraphs attest to the scope and quality of the book:

"North Carolina is as much a state of mind as it is a state of the Union. Those who have grown up within its borders and left for other sections of the country still love their state passionately and long for the day when they can return. People who discover North Carolina by moving here from other places put down roots gratefully into the fertile land of eastern North Carolina, the rolling hills of the Piedmont, the rugged mountain country or succumb happily to the way of life on the coast. These adopted sons and daughters become North Carolinians as ardent as the native born, convinced that they, too, have 'come home.'"

"The story goes that God made North Carolina first so that he might practice on mountains, plains, rivers and seashores; then, following it as a model, shaped the rest of the country."

Jim Chaney

VERSES FROM OUR READERS

Song of the Lonely

I have no love for boulevards,
No lust for beaten trails,
No penchant for the shipping yards
That teem with ships and sails.
But rather let me take instead
Some solitary road
Where none are walking on ahead,
And none have their abode.
For footprints on the beaten path
Are trampled by the hordes.
The passing leaves no aftermath
When time so ill affords
That one small step could be retraced
And taken once again.
The footprint that has been erased
Was only made in vain!
So let me take some lonely path
That leads to spots unknown.
And may there be an aftermath
When I, long since, have gone:
Some far off day someone will say,
A kindred soul has passed this way!"

Paul Ellis Bowman
Hickory

Tobacco

Tobacco is a crop.
 or work for us there is a lot.
 Tobacco to chop,
 Tobacco to crop,
 Tobacco to top,
 All those things to make tobacco
 bring a lot,
 because we need this money to put
 food into the pot.

Bobby McLamb
Fayetteville

How Old Is Old?

"How old are you?" The young girl asked.
 "Why do you wish to know?" I said.
 Surprised, she could not answer, yet
 Her face turned crimson red.
 They always ask how old I am:
 And yet I feel quite young.
 Why – even on some sunny days;
 I feel like twenty-one!

Kay Lynn
Hickory

October's Dying Flame

There's come an end to October's flame.
Colored leaves no longer play their game.
Leaves once playing tag high in the air
Have fallen and the trees look so bare.
But November's come to make us glad.
We're reminded of the blessings we've had.
Golden harvest; balmy days to enjoy;
A good year we've had; few things to annoy.

Dova B. Conner
Marshall

My Love

My Love, the greatest of people –
yours – life;
And my prayer for you is that you may
enjoy it to the greatest extent,
But always within the realm of God's
Ten Commandments.
Forever loving others with a heart
as big as life,
Teaching them the beauty of the
greatest love the world has known
The love of our Eternal Father.
And as time drifts onward, may the
years be not in vain,
But filled with concern for others;
Concern that's willing to add a flicker
of happiness, by extending a
helpful hand.
And when you've reached the sunset
of your life, may you cast a smile
upon the years gone by;
For as the sun's rays your life will
have reached out and touched other's
as it has truly touched me.

Ada Owen
Brevard

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If a person doesn't like to fight, but is always challenged, what should he do?

"I come from a very Christian family and my parents have brought me up to make and get along with friends. But some people don't care about how they act and get along. You can try to avoid this type of person, but then you can only take so much. So if avoidance doesn't help, just stand up to him. If a person thinks he can run over you, he may go through life pushing you or other people around."

Susan Neill
Cherryville

Susan is 14 and enjoys motorcycle races, music and writing stories. Her parents, Mr. and Mrs. Gerald Ray Neill, are served by Rutherford EMC.

"Don't be quick tempered, that is being a fool" (Eccl. 7:9, **The Living Bible**). If you don't want to fight, just tell the person who challenges you that you don't use fighting as a method to be a big man in front of friends. The person who doesn't try to show off is really the biggest man of all."

Mark Tulbert
Union Grove

Mark is 14 and attends North Iredell High School. He enjoys music, photography and bike riding. The Tulbert family is served by Crescent EMC.

"I would simply explain to him that being infamous for something like fighting gets you nowhere. And being a bully will only get you a bad name. If this doesn't work, then try to ignore him."

Diane Flowers
Ellerbe

Diane is 13 and attends Ellerbe Junior High. She enjoys cooking, reading and playing basketball. Mr. and Mrs. Flowers are served by Pee Dee EMC.

"The best way to handle any fight is to try to avoid it but in some cases this is impossible. The only reason people continue to challenge you is because they think you're afraid. Next time someone challenges you, accept the fight. Show them you are not afraid, but don't like to fight, and your problem will be solved."

Debbie Burton
Midway Park

Debbie is 17 and attends White Oak High School. Her hobbies include reading, writing, dancing and cheerleading. The Burton family is served by Jones-Onslow EMC.

TEEN ROUNDTABLE

NEXT QUESTION

Is money the most important thing people should strive for? If not, what is?

This question was submitted by Rhonda Nunn of Mount Airy. Rhonda is 17 and a senior at East Surry High School. She and her parents, Mr. and Mrs. Olin Nunn are served by Surry-Yadkin EMC.

If you have a good answer, send it to THE TEEN ROUNDTABLE, Carolina Country, P.O. Box 1699, Raleigh, N.C. 27602 at once. Tell us a few facts about yourself – your age, school, hobbies, etc. Include your parents' name and the name of the electric membership corporation serving you. If your answer is published, we will send you \$5. If you want to submit a question, send it along and for each one used the sender will get a \$5 check.

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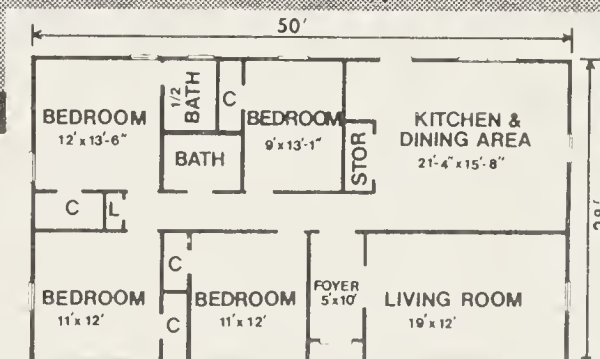
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The Sacred Fire Became an Eternal Flame

By Desta C. Dyal

Atired, sad old man walked slowly down a well-used trail from New Echota, Georgia, toward the Great Smoky Mountains of North Carolina. It was a crisp, autumn morning in September, 1838, and he carefully carried a clam shell of smouldering coals for the last ceremonial council fire of the once great Cherokee Nation. As the Keeper of the Sacred Fire he had served his people well, and would carry his precious embers reverently to their new home in the Oklahoma Territory.

The principal chief, John Ross, had called the Council of the Chiefs together for the last time as the 17,000 members of the Cherokee Nation prepared for a 1200 mile trek over the "Trail Where They Cried" to the new Indian territory which later became Oklahoma.

The stately virgin forests of the Great Smokies furnished the traditional seven kinds of wood for the ceremonial fire: blackjack, locust, plum red oak, post oak, red bud and sycamore. The chiefs were surrounded by sugar maples three feet in diameter, mountain laurels over six feet high, 200-foot poplar and 100-foot hemlock and the great chestnut as they asked their gods for protection on the long journey west.

Fall is a beautiful season in the mountains and perhaps the women looked around sorrowfully as they prepared to leave and wondered if they would ever again see the red and scarlet of the maples, sourwoods dogwood and sumac; the gold yellow of poplar, birch and persimmon; the butter colored elm and purple sweet gum; the magnificent Fraser magnolia.

The Keeper of the Sacred Fire refilled his clam shell sorrowfully with smouldering coals and faithfully tended them during the long torturous trip westward. Nearly 4,000 men, women and children died on the way

and today this infamous removal route is called the "Trail of Tears."

These mountains had been the home of this proud and once powerful nation for years beyond the memory of men or their records. Over a thousand of them chose to hide out in the caves and deep valleys of the Smokies and defied the armies of General Winfield Scott who was in charge of their removal. They hoped the resolution presented by Chief Ross and adopted at the final council would be listened to in Washington. It clearly stated the principle of justice in which they believed:

"The title of the Cherokee people to their lands is the most ancient, pure and absolute known to man; its date is beyond the reach of human record; its validity confirmed by possession and enjoyment antecedent to all pretense of claim by any portion of the human race.

"The Free consent of the Cherokee people is indispensable to a valid transfer of the Cherokee title. The Cherokee people have neither by themselves nor their representative given such consent. It follows that the original title and ownership of lands still exists in the Cherokee Nation unimpaired and absolute. The Cherokee people have existed as a distinct national community for a period extending into antiquity beyond the dates and records and memory of man. These attributes have never been relinquished by the Cherokee people, and cannot be dissolved by the expulsion of the Nation from its territory by the power of the United States Government."

The territory claimed by the Cherokee Nation was first sighted by the Spanish explorer Hernando de Soto in 1540. The next white visitor was Pedro Menendez de Aviles in 1566. About 1690 a group from South Carolina entered the area and then the Southern Appalachian region disap-

peared from history for over one hundred years.

Cherokee history says their ancestors came from the North and replaced a tribe already living in the area. By 1800 there were about 20,000 Cherokees living scattered through about 40,000 square miles of Kentucky, Tennessee, parts of Alabama, Georgia, South and North Carolina, Virginia and West Virginia. The tribe developed a sense of human equality and between 1820 and 1830 adopted a tribal constitution, wrote off the law of revenge, set up schools supported by taxes, elected officers democratically, regulated liquor and slave and had a legislature which passed its laws. By 1830 two hundred could read and write English and two years later one half the nation could read and write using the Cherokee alphabet invented by Sequoyia.

Those who refused to make the removal and several hundred who escaped after the trip began, fled into the caves and lived with the wild animals of the Smokies and suffered the deep winter snow and the impenetrable laurel slicks. With the help of the later great white chief, Will Thomas, they finally regained about 56,000 acres of their original homeland and finally were brought under Federal jurisdiction. Today there are about 3,000 Cherokees living on this Reservation in North Carolina.

On May 5, 1951, four leaders of the Eastern Band of the Cherokee Indian Tribe left Cherokee to retrace the infamous trail to Oklahoma. They were Vice Chief McKinley Ross, a descendant of the great chief, John Ross; Joseph Washington, a great grandson of Tsali, the Cherokee who with two of his sons were shot so the remnants of the tribe might remain in the Smokies; Arsene Thompson, a Cherokee minister, and LeRoy

Wahnetah, a great Indian athlete and former council member. The trip was sponsored by the Cherokee Historical Association and traditional ceremonies were held as the group prepared to leave.

This group had heard that the sacred fire of the tribe had been kept alive in isolated areas of Oklahoma by a Cherokee Society which held to the old customs and rituals. They found there Stokes Smith, then the Caretaker of the Sacred Fire. A new one is appointed each year. He keeps the fire at his home and each fourth Saturday it is brought to the ceremonial grounds where the fire is again rekindled using the six kinds of wood. The Eastern Cherokee leaders brought back live coals from this sacred fire.

On June 23, 1951, opening night of the great outdoor drama, "Unto These Hills," which tells the story of the Cherokee Indian, the President of the Cherokee Historical Association and the Chief of the Eastern Band of the Cherokee Nation jointly lighted a gas jet from the old council fire in Oklahoma. The memorial inscription reads, in part: "This fire will burn forever as a symbol of friendship eternal between the white man and the red man . . . The eternal flame here at the Mountainside Theatre was kindled from the century old Oklahoma fire on June 23, 1951."

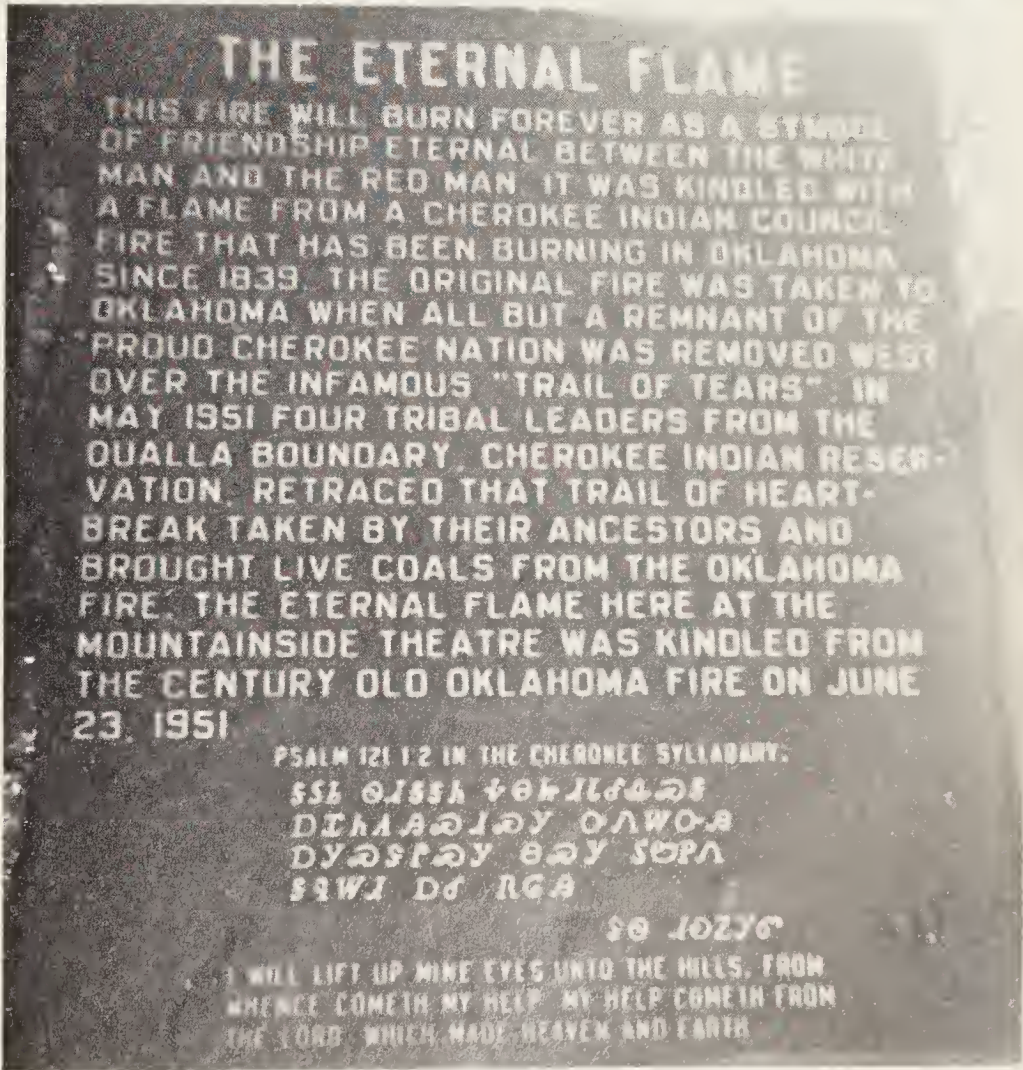
Then follows, in Cherokee and English the 121st Psalm, verses 1 and 2. "I will lift up mine eyes unto the hills, from whence cometh my help. My help cometh from the lord, which made heaven and earth."

This year was the 23rd season of "Unto These Hills" in the Mountain-side Theatre. If you are one of the visitors to this drama of the Cherokee Indian, or one of the millions of Americans who visit the Smoky Mountains National Park or drive the Blue Ridge Parkway each year, take time to visit this memorial and reflect on the fact that this ancient sacred fire became an eternal flame of friendship between men of two different colors.

Perhaps today the spirit of the keeper of the Sacred Fire watches over this modern version of the ceremonial council fire and feels less sadness.



"Unto These Hills" recalls the tragedy of the once-proud Cherokee Nation.



A marker at Mountainside Theatre tells the story the flame keeps alive.

HALE

A New Soap Opera

An unidentified source says they're planning a new TV soap opera for this fall. The plot involves an unfaithful wife, a drug addict, a student anarchist planning to bomb the university, a dirty old man and a corrupt public official. Watch for the new series, "Just Plain Folks."

He's What She Made Him

A millionaire's wife told a reporter, "It's not true I married a millionaire. I made him one myself."

"What was he before you married him?" asked the reporter.

"A multimillionaire."

No Election

A gangling young man went to the county clerk's office and asked for a marriage license.

"Where's the bride elect?" asked the clerk.

"What d'ya mean bride elect?" said the young man. "There was no election. She appointed herself."



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